

ALCOHOL

FACT SHEET

DRUG DESCRIPTION

Alcohol is classified as a depressant and is usually used as a means to socialize, celebrate, or relax. When consumed, alcohol slows down vital functions resulting in slurred speech, altered perceptions, delayed reactions, and uncoordinated movements. The severity of these effects depends on numerous factors including but not limited to:

- Amount Consumed
- Frequency Consumed
- Sex, Age, Family History
- Prior Medical Conditions

WHAT IS A STANDARD DRINK?



HOW DOES ALCOHOL AFFECT MY BODY?

BRAIN



- Interrupts communication
- Inhibits clear thinking
- Affects motor skills
- Impacts mood, behavior, and coordination

PANCREAS



- Damages liver cells allowing for toxic substances to be released back into the body
- Can lead to Pancreatitis & diabetes

LIVER



- Steatosis- fat build up on the liver
- Cirrhosis- scarring of the liver
- Alcoholic Hepatitis
- Fibrosis

HEART



- Irregular heartbeats
- Increased blood pressure
- Increased potential for stroke
- Stretching of the heart muscle

IMMUNE SYSTEM



- Weakens defense

RISK FOR CANCER

- Mouth
- Esophagus
- Throat
- Liver
- Breast

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UNDERAGE DRINKING: HOW DOES THIS IMPACT...

Alcohol is a widely consumed substance especially among youth under the age of 21. This widespread public health challenge remains a serious threat to user's health, friends and family, as well as the greater population.

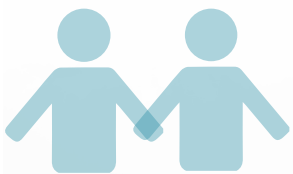
YOU



According to the National Institute on Alcohol Abuse and Alcoholism, by the age of 15 at least 33% of teens have tried at least one drink. For many the drive to drink can be in response to peer pressure, increased independence, or stress. Consuming alcohol at a young age can:

- Lead to problems at school, in sports, and with the law
- Increase the risk for alcohol dependence or disorders later in life
- Interfere with brain development, both structure and function

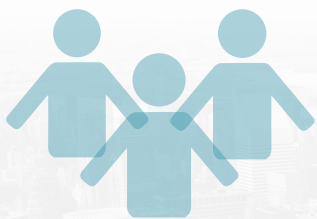
OTHERS



Choosing to drink not only impacts you, but also those around you. Some of the effects of alcohol as a depressant is that it lowers inhibitions, impairs judgement, and decreases the users awareness to their environment. Some risks include:

- Aggressive or violent behaviors
- Unprotected or unwanted sexual activity
- Increased risk for sexual or physical assault
- Drinking and driving under the influence

YOUR COMMUNITY



Choosing to drink alcohol can not only impact you and your body, those immediately around you, but also the greater community. Choosing to drink contributes to:

- Nearly 88,000 deaths from alcohol-related causes each year
- Over 9,965 fatalities in 2014 due to alcohol-impaired driving
- The growing \$249 billion cost (2010) accrued from alcohol misuse in the United States
- Alcohol being the third leading preventable cause of death in the United States

Information obtained from: The National Institute on Alcohol Abuse and Alcoholism & the National Institute on Drug Abuse



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